

Type of Class

Fitness out of the Pool

Fitness in the Pool

Adult (not fitness)

Pre-School w/parent

Youth

**Mansfield Community Center***Family, Fitness & Fun!***Dec. 30-Jan. 5 Open House****FREE Sample Class Schedule**

Come in and try a new class or re-visit an old favorite.

No pre-registration is required. Some classes are for adults only; others are for children (with parents for the young ones). Check the chart for further information.

Location Key


S-Studio

G-Gymnasium

AC-Arts and Crafts Room

CR-Community Rom

P-Pool

Sun., Dec. 30	Mon., Dec. 31	Tues., Jan. 1	Wed., Jan. 2	Thurs., Jan. 3	Fri., Jan. 4	Sat., Jan. 5
8:15-9:15 a.m. Yoga w/ Patty--S	5:45-6:45 a.m. Spin w/ Paul S	Facility opens at 9 am	5:45-6:45 a.m. Spin w/ Paul S	5:35-6:20 a.m. Yoga w/ Eileen S	5:45-6:45 a.m. Spin w/ Paul S	
	7-8 a.m. MCC Pump w/ Elle G	9:15-10:15 a.m. Yoga w/ Patty S	8:30-9:30 a.m. Aqua Zumba w/ Patty F P	6:30-7:30 a.m. Spin w/ Ron S	8:30-9:30 a.m. Aqua Zumba w/ Patty F P	7:30-8:30 a.m. Spin w/ Todd S
11:30 a.m.-noon Creative Move (ages 3-4) w/Mia S	9:45-10:15 a.m. Step Express w/ Jodi S		9-10 a.m. Kettlebell 101 w/ Jess G	7-8 a.m. MCC Pump w/ Elle G	9-10 a.m. Functional Strength w/ Jodi S	
12:15-12:45 p.m. Ballet (ages 5-8) w/Mia S	10:15-11 a.m. Functional Strength w/Jodi S		12-1 p.m. All Levels Yoga w/ Nancy S	8-9 a.m. Yoga w/ Patty S	12-1 p.m. All Levels Yoga w/ Nanette S	
1-1:30 p.m. Hip Hop (ages 9-13) w/Mia S	11:30a-12:30p Zumba Fitness w/ Patty F--S		2-2:45 p.m. Aqua Arthritis w/ Lizzie P	10:45-11:30 a.m. Aqua Therapy w/ Dorinda P	Noon-1 p.m. Complete Guide to Childhood for the Adult Body w/Mallory G	
			4-5 p.m. All Levels Yoga w/ Nanette S	11:35 a-12:20 p Aqua Therapy w/ Dorinda P		
	Facility closes at 5 pm	Facility closes At 5 pm	4:45-5:45 p.m. African Music (ages 6-13) w/Gideon--CR	5:30-6 p.m. Step Express w/ Anne S	6-7 p.m. Zumba w/ Patty F S	
			5:20-6:20 p.m. Corefusion w/ Dorinda S	6-6:45 p.m. Functional Strength w/Anne S	6:30-7:15 p.m Aqua Power w/ Melissa P	
Open House Classes free to members and non-members. Fitness classes must be 14+ Schedule subject to change Questions? Call (860) 429-3015			6:30-7:30 p.m. Aqua Power w/ Melissa P	6-7:15 p.m. Taste of Tai Chi w/ George CR	 Mansfield Community Center <i>Family, Fitness & Fun!</i>	
			6:30-7:30 Basic Painting w/Jim AC	6:30-7:30 Solar Energy w/Martin AC		
			6:30-7:30 p.m. Line Dance w/Sandy CR	7-7:30 p.m. Kettlebell WOD w/ Jess G		
			6:15-6:45 p.m. Ballroom Dance w/Kelly G	7:30-8:45 p.m. Qi Cultivation w/ George CR		
			6:55-7:25 p.m. Swing Dance w/Kelly G	8-9:30 p.m. Master's Swim w/ Scott P		